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WEDNESDAY, JANUARY 12, 2016

CORSONS COLLEGE, NOTCHER, ONT.

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Auto insurance bill has pros, cons

BY JESSICA PERD

Bill 15 – aimed at lowering auto insurance rates – was passed by the Ontario legislature on Nov. 19, 2014. The bill aims to lower auto insurance by an average of 15 per cent by August 2015.

"We want to make sure people with clean records get the benefit of the cost reductions that are going to be exposed over by the pace of legislation," said Finance Minister Charles Sousa at a Queen's Park press conference.

Though the bill has just passed, insurance companies have been taking action to meet the 15 per cent decrease over the last year. By August 2014, the goal was to have auto insurance in Ontario drop by eight per cent from the rates users pay now. By August 2015, however, the second, average decrease across Ontario is only 4 per cent.

"They [insurance companies] were allowed to increase their rates based on their financial data, and Waterloo's Advanced Insurance Group also representative Scott Heston. "Some companies didn't even have to follow it [the decrease]."

The bill sounds like a definite win for people who pay auto insurance, but only in certain areas of Ontario.

"The decrease is an average 15 per cent," they [insurance companies] can potentially increase Toronto rates by five per cent and drop Ontario's by 10 per cent. Even though the bill



PHOTO BY JESSICA PERD

Georgianna, a first-year business management student, drove home about the passing of Bill 15, but was delighted to hear the news.

sounds like wonderful news for all who own a vehicle, it really isn't. In some cases, some Ontarians might even pay more when everything is said and done. Companies that know their car insurance rates substantially will also be looking to make up for that

loss somehow.

"They will be taking a bit financially and they will be attempting to offset that by some bad commercial rates," Heston said. "In the end, companies will try to make it up and system their guidelines on home insurance

because it is not regulated by the government."

As with the insurance companies trying to make up for their losses, homeowners may want to keep a watchful eye on their premiums.

"I'm not worried my car will be an insurance company so I can't see rates too much

higher," insurance, are much larger than that on our most own, and multiple houses and property owner, Devon, Elmhurst, a "Woodstock can drive."

"It could be counterproductive for the insurance company to raise their rates too much

Students have their voices heard at CSI 'Coffee Date'

BY NATHAN BIRCH

Corson's students had the chance to grab a cup of coffee and have their voices heard at the same time. Thanks to Corson's Students for a record Coffee Date in the library.

CSI provided coffee and donuts for those who attended the first meeting, which they hoped would become a regular event. However, only three students showed up. Two of CSI's board of directors were invited to talk with students.

"We want to hear and know the students' concerns," said Colin Goodwin, one of CSI's board of directors.

Students raised quite a few concerns, including questions about Corson's use of money.

One interesting question came from Corson's 1st Club president Paul Kelly. "I wanted to know if the club would be able to perform for any events CSI hosts," Kelly said. "We want to get some exposure and I want to know if CSI can help."

Students' concerns received

positive feedback from the CSI members, promising discussion from other students.

An issue brought up by more than a few students was an ongoing longer, paid date and possibly bringing a pub to the upstairs parking area above the library.

"This problem is solving that, is that we can't ignore the starwells," said Nate Turfitt, another member of CSI's board of directors. "I'd be proud to have the extra space, where should be moved."

The parking area is already

leased, Turfitt said. "It all comes back to the starwells getting ignored."

Currently the CSI-hosted Pub Days are only held in the basement bar area. The maximum capacity for the space is 100 people, making it difficult for students to sit at all but a drink.

Another question asked was if the pub also included the parking room, where would the expensive parking consider and if it's the same?

"There are places where they

can be put away and locked up and left blank, a business administration management student at the college who helps administer all of the parking rooms has to offer.

Having the parking room accessible on pub days would enable roughly another 110 students to take part in the Pub Days.

CSI officials are pleased that even if some concerns were not heard during the Coffee Date, that students can write proposals anytime to CSI and have their concerns heard.

Delayed bursary causes outrage

BY ALEX BIRCH

The student access guarantee issued by the Government of Ontario helps about 1,000 Conestoga's students with the economic demands of everyday life. Unfortunately, that money is being held back this school year.

The guarantee partially issued at the end of September will likely have reached its students as of October 15, but has not.

In addition, before this year the guarantee had always been distributed timely to students. The school guarantees the being applied directly to tuition. Patrick Bennett, the financial aid manager at Conestoga College, said the guarantee has always been intended for paying tuition.

The student access guarantee is for students in high-risk programs where tuition costs and book costs are above what CCAA provides. He said "We essentially make up the difference."

Bennett also said applying the money directly to tuition would "disturb" Financial Services a bit of time.

"Because students don't apply for the guarantee they aren't reporting the money. We tend to reward the students to let them know that the cheque was available, and we used to have to do a lot of



PHOTO BY ALEX BIRCH

Doyle says 1,000-year-old students at one of about 1,000 students who are affected by a change and being an adult is a hard thing to deal with. He said access guarantee that he should outside Conestoga's Student/Client Services Building, where he said it is hard to deal with.

choosing. He said "Even after that we'd only have about 25 to 30 cheques distributed by the end of the semester."

First-year journalism student Doyle says is outraged by the withholding of the money. Many students like those

already make some payments for the payment of tuition.

"I already have a tuition plan set up so I don't need it to go to that," he said. "Previously they would just cut you a cheque."

According to the Student

President of Services office, students who already have a payment plan set up can get a cheque cut, but only after full payment of tuition has been proven.

Conestoga's Students' Inc. president, Jeff Bennett, has

to put an amount of money into the money.

"I have started the conversation with Student Financial Services and the student body will know about any future action we can do as it comes to us."

MECHANIC GIVES WINTER DRIVING TIPS



PHOTO BY KATHY A. SCHUBERT

Winter is a tricky time for driving if you don't have the right tires. Above: Glen Crocker, a mechanic, checks the tread depth of his winter tires with a gauge. For safety, use wear-spaced tires only.

STAY WARM THIS WINTER



PHOTO BY GAIL LINDSEY

Conestoga College is set to hold its first ever "Wear or Clothing Drive" at the Dean's campus recently. Above: Gail Lindsey (21) is wearing development co-ordinator projects. She says: "For safety, use wear-spaced tires only."

2014 a year of struggles, survival

12 MAN PARIMON

When tomorrow looks back at 2014 they will find a year of hardship and almost unsurpassable battles, but they will also find a year of survival.

There is no winning war, a lot of bad things happened in 2014, starting in February the Blackout strike was moving to final and the arrest in Houston was obvious. Although in an industry the degenerated decade in the European country culminated in the assassination of the Chinese president by Osama.

Moving into March, the situation only worsened as Russia was suspended from the G8 for its actions and Malaysia Airlines flight 370 disappeared over the Indian ocean in a routine flight and finally crashed some 10 to 15 hours. Another flight crashed by that time, the plane was shot down over the sea. Hundreds of lives were lost in these two flights.

In April, approximately 200 people were abducted from a school in Nigeria and are still being held hostage, and the Korean ferry MV Sewol sanked off the coast of South Korea, killing more than 300 people.

In May the World Health Organization announced the spread of polio in at least 19 countries. June saw 1200 people die in a massive earthquake in northern Iraq, and in July Israel launched numerous missile strikes on the Gaza Strip.

The world stage was mostly quiet from August until November, although the Inter-continental Panel on Climate Change released the final part of its fifth assessment report, warning everyone that the world faces "serious, pervasive and irreversible" damage from climate change.

But in the middle of all this negative news there were rays of hope. One of them was the Spanish. After leading on a soccer stadium this November, more than 10 years after its initial launch – the first time in history such an event has occurred.

Looking at the months that preceded that soccer breakthrough, you might feel inclined to write it off. But in trying times like 2014 every spark of optimism and progress should be cherished. We can begin at the success of the World soccer not only as a success in its own right, but as a success for the human race.

We will survive. We will always stand for the stars.

The stars herein represent the position of the newspaper, not necessarily the author.

Letters are welcome

Spoken welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for an interview. We apologize letters will be published. Letters should be no longer

than 300 words. Spoken welcomes the right to edit anything in publication. Address correspondence to: The Editor, Spoke, 244 Dean Valley Dr., Box 1133, Okanogan, WA, 99265-0133



A New Year's resolution is something that goes in one year and out the other!

New smoking ban stinks

As of Jan. 1 there will be a new smoking ban in Ontario that will prevent smokers from smoking on highways and public places, playgrounds, sports fields and on buses. Failure to comply with this law will result in the smoker receiving a \$100 fine.

This is being implemented in January, a winter month as smokers have a chance to get used to the idea of not smoking in these places before the summer months arrive.

That is a great move if this law is to reduce many young people who smoke when they are out to dinner or drinking at a bar or party happy to get to go to the patio for a quick smoke without having to leave the property completely. I think starting in January, a time when smokers don't generally like staying outdoors on any weather will help in also the summer months. But I do believe that the smoker to smokers.

Everyone has the right to do what they want, with their own life and choices, but they want to live



Camille Talbot
Opinion

Smokers are already seen as corrupt and dirty. Being a smoker, I've been in that all for having a cigarette in a public place which gets under my skin.

It is a public property where I don't really have a say if I choose to smoke there. At least they didn't take away I don't smoke where I'm not supposed to and most of the time I will not smoke near children or crowded areas out of respect. I sometimes don't like that I'm smoking near them, they have the choice to walk away and not be around me.

I do understand that in the day and age there are a lot of people who are very health conscious. I also believe that they should not feel it right when they are on a public area patio surrounded by smokers. But I think we had

it right, a while ago. We had designated areas on patios for smokers.

Especially when it comes to bar patios, where smokers were drinking. They want to smoke a bit more than usual. If they are no longer able to do it on the patio I think they will lose money as there is someone who will stop going there.

It doesn't help like smokers are being educated by society. It can be compared to the time buses started from cars on the planet of time, smokers were being pumped out of factories, but all that is still OK. Why not just ban every thing that put out any kind of smoke? Banned from cars or still OK but smoking only?

Smokers shouldn't be allowed from public places or from patios just because they choose to smoke. I think we have the right to do what we please and not be controlled by it.

If other people don't like it like I said before they can remove themselves from that situation or ask a smoker politely to leave the other way.

SPOKE

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Seasonal sadness prevalent

BY MICHAEL WATSON

During the winter months it is not uncommon for people to feel a little gloomy especially after the holiday season is over.

However, some people are more vulnerable to a deeper sadness—a type of depression that follows a seasonal pattern. This condition is called seasonal affective disorder or SAD, and it is more commonly known.

According to Dr. Robert Lewin, a senior scientist who works in the mood and anxiety disorders program at the Centre for Addiction and Mental Health in Toronto, two to five per cent of Canadians suffer a severe chronic form of seasonal depression. 10 to 15 per cent will have milder forms and about 35 to 40 per cent will have the “winter blues.”

Although SAD often affects anyone, adults are at a higher risk than children, and women are up to 90 per cent more likely to report having SAD than men. Also, people who live in northern climates like Canada, are more likely to experience the disorder because the amount of daylight received changes in the winter months.

“I was never officially diagnosed with SAD, but I was

diagnosed with depression during the winter when I was 17 years old. I came to the realization that it was seasonal once summer came and winter was a possibility.” —D.

People who suffer from SAD often experience winter emotions related to clinical depression.

“What my depression feels like is a persistent sense of hopelessness. I am completely stuck living a terrible life. When the winter is especially long just as it seems the snow will never melt, it feels like I’ll be sad forever.” —Victoria

These emotions often include the loss of hope, severe fatigue, change in appetite, loss of interests and feelings withdrawn from friends and family. People experiencing thoughts of suicide and crying or feeling like crying.

“My sleeping pattern became very inconsistent. Victoria said, “I’m unable to fall asleep at night despite being exhausted. Then it’s incredibly difficult to wake up in the morning. It’s just constant fatigue. Constantly feeling tired and cranky. I typically run a lot of weight in the winter. I have a lot of unhealthy foods. My self-esteem is a lot lower than it normally is and I develop a negative body image.”

There are ways for people who suffer from SAD to cope and treat. One depressive light therapy and antidepressant medication being the most common. Of course, any one who feels depressed during the winter months should let their family doctor know so they can begin to provide solutions for clinical or severe.

“I took Prozac but that didn’t help me at all. I’d like to explore some medication options if I can’t beat it on my own.” —Victoria

Light therapy is the most often used treatment of SAD in milder cases. Some people feel that they can get a just amount of natural light to help treat their disorder on their own, but in the winter months it may not be possible due to the shorter amount of daylight.

“The most important coping method for me is consistently reminding myself that every thing in life is temporary. Bad things come to an end and I try to focus on the one sunny summer I just had and plan for the next one. Also, forcing myself to stay busy and strive to keep my mind occupied. If I don’t want to lose my room I try to get out and do something once it’s raining or snowing.” —Victoria

“Since every person is different,

not their treatment, will be the what works for one person may not work for another. According to the Canadian Mental Health Association, there are still things that any one can do to help themselves feel better: regular exercise, a healthy diet, good sleep habits, staying connected to friends and family, balanced thinking techniques and managing stress.

The Canadian Mental Health Association also recommends that if people are experiencing SAD they should try to spend more time outdoors during the day to get natural sunlight. Exercise is important when winters keep people indoors when it’s dark outside and if all else fails take a vacation to a warmer climate.

“Being healthy is very very important to me and Victoria. I can’t take care of my mind without taking care of my body. Finally, I remind myself that I am loved. I have an amazing partner and an amazingly supportive group of friends. But most of all, I love myself and deserve to be happy.”

There is still a stigma against clinical depression.

The results of a survey completed by the Canadian Mental Association in 2006 revealed that 40 per cent of

people believe that diagnosis of mental illness is an excuse for poor behaviour and personal feelings. 50 per cent of the people surveyed believe that depression is not a serious condition and 40 per cent would not agree to see a friend diagnosed with mental illness.

In more recent years, more people have begun to speak out against the stigma attached to mental illness including depression and SAD. Last year, Olympic champion, Clara Hughes teamed up with Bell for the Bell Let’s Talk campaign to help build positive awareness and acceptance toward mental health and depression.

“I don’t necessarily advocate it, but I don’t have any qualms when it comes to talking about it. Victoria said, “There’s such a stigma against mental health. I think it’s important to keep the conversations going and raise awareness. Life now should be a mix of having to deal with depression. If someone is physically sick they get sympathy and support, but someone considers the mentally ill. It’s time to change.”

If you feel that you are suffering from depression or SAD, don’t be afraid to seek help either through a trusted friend, family doctor or counsellor.

BRANTFORD STUDENTS GET TOUR OF CONESTOGA



PHOTO BY JESSICA FORD

While in the Community of Conestoga College’s Brantford office, visitors students from Conestoga College (Brantford) on a tour of the campus in Brantford, and health-care facilities. The students are visiting Brantford to learn about the health-care facilities and the students are studying both as part of their curriculum.

NEW TECH COURSE IN 2015

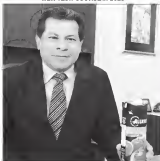


PHOTO BY LUCAS BUSH FOR WPCB

A new high-tech diploma program in food processing and management will begin in September 2015 at the Brantford campus of Conestoga College. Above, Luan Boush, the chair of the Institute of Food Processing Technology, displays one of the types of packaging that they hope to learn about in the program. For more, visit www.conestoga.ca or call 519-752-1234.

Craft show helps seniors stay mobile

BY MICHAEL BORN

Whether you were looking for some pretty jewelry or you were craving some baked treats, Trinity Village delivered.

Trinity Village is a non-profit retirement facility in Kankakee owned and operated by Lutheran Homes.

Recently, Trinity Village held their annual craft show for the holidays.

The show had vendors selling jewelry, knitted hats and gloves, scarves, baked goods and decorations.

They were also selling a lunch consisting of pulled pork sandwiches and soup.

In 2014 organizers had a specific project in mind for the proceeds.

Melissa Monahan, the program director at Trinity Village, said funds from their many meals have been going toward a new mobility bus, which will take residents on outings.

"Our old bus broke down so much that it was quite costly to keep it on the road," said Judy McElroy, volunteer coordinator. "By having a new one, our bus service for the new year will be better for everyone."

Residents and their families are excited about the new bus and are looking forward to traveling around in local circles.



PHOTO BY MICHAEL BORN

Heather Leckner, independent jewelry, was a vendor at the Trinity Village craft show.

"We're very close to our goal," Monahan said. "We are about \$75,000 short, but with donations coming in, I think we are going to achieve our goal very soon."

Although raising money is great, and it's exciting for the residents, volunteers and students to be giving a new bus some people just enjoy going to the craft show.

Christie Roth enjoys attending these types of events with her mother and father because they give them the chance to do something together. "I think they're enjoying

Roth said.

They bring in people from the community and for me it's something I get to do with my mom when I come to visit."



EVERYONE LOVES FREE STUFF

Students at Lakeside High School are helping to raise money for the Lakeside High School students' future by selling their old stuff. The students are selling their old stuff, including books, clothes, and other items, to help raise money for the Lakeside High School students' future.

PHOTO BY MICHAEL BORN

Give your old clothes to people in need

BY JAMIE SCHWARTZ

Many people are handing up to protect themselves from the cold weather, but some people are not so lucky. They cannot afford to buy more clothes. This is why clothing drives are held.

Conestoga Students for got on on the action by holding their Winter Clothing Drive from Nov. 24 to Dec. 10. People brought in warm clothing and placed them in one of the donation bins that were in the hallway just outside the OBI office. All of the donations went to the Salvation Army.

The clothing drive was the idea of the OBI Leadership Association, three adults consists of 30 students who held a different charity event each month.

This clothing drive was our last charity event this semester and while brainstorming we learned that the Salvation Army was in need of clothing and Lisa Steele, leadership development coordinator for

OBI. "We held the clothing drive so hopes that we could get enough clothes donated by the end of the term."

The Salvation Army was pleased where they heard about the drive. They even made the banner for the students to attach to the donation table. In addition to the Salvation Army, Dan Lutz, President of Jolly Lake and Mike Blumens 447, OBI's PM, O'Brien and Van 1047 were present.

The drive turned out to be a success with people filling the donation bins to the very top with coats, wool hats, scarves, socks and more pants.

"Personally, I think it's really great that we got so many donations and O'Brien and O'Brien's leadership association with OBI who helped monitor the display for the clothing drive. "There were clothes in one of the things we take for granted and it is important to remember that some people don't have as many clothes as we do."

These clothing drives are not just good for people who need warm clothes, but they are also a statement that the people who have too many clothes to get rid of them. Conestoga College states that Conestoga spend four per cent of every dollar they earn on clothes, which they either eventually end up as their gear or as they simply stop wearing. Instead of just throwing these clothes in the garbage, Conestoga can donate them to someone who can still use them.

Clothing drives don't only happen during the holiday season. Some are parking. One example is Conestoga's a clothing drive sponsored by the Canadian Diabetes Association, which places clothing drop boxes in many parking lots across Canada.

If you want to donate something to go to warm donations and then to the "First a Challenge" program under the "In Your Community" button.



Photo by 2014-15 OBI

Conestoga student is a volunteer who donated winter clothing to the Winter Clothing Drive that was held at Conestoga College.



Photo provided by Jamie Schwartz

Conestoga 2013-2014 Condors (left) and other teams (right) after being awarded a tournament championship after defeating OBI in a recent tournament.



Conestoga 2014-2015 Condors women's hockey team (left) and OBI (right) after being awarded a tournament championship after defeating OBI in a recent tournament.



Hockey teams get off to a great start

BY JAMIE SCHWARTZ

There are three things Canadians cannot resist: beer, hockey and hockey. And a few hockey games in our border.

The seasons of Conestoga College's recreational men's and women's hockey teams are underway and everyone is excited to watch them in action.

An extracurricular team is for students who want to play at a competitive level but don't have the time to commit to a varsity team. The two hockey teams play in four one-day tournaments a year and play one more a month.

Both teams did well in their first tournaments.

The women's team made it to the championship game, played hard and gave it their all but ended up losing 3-0 against OBI. The men's team was crowned champions after winning 3-0 in overtime against OBI.

Both teams also played a tournament at OBI. The women's team was defeated 3-0 by OBI in the semifinals and the women's team was defeated 3-0 by OBI in the semifinals.

With the recreational men's hockey team being crowned champions, the women's team is being played at OBI campus.

Students can come and watch and OBI students the athletic, technical and campus involvement opportunities at Conestoga. "It is an arena, and we've opened up the way so it doesn't cost any body anything to come in and watch the games."

The men's team will play next at OBI on Jan. 25 and the women's will play at OBI on Feb. 10.

The next home games are Feb. 8 at the OBI campus in Park Area for the men and on March 1 at OBI campus for the women.



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VISIT THE CSI WEBSITE FOR MORE INFORMATION
conestogastudents.com